

Addiction Medicine and the Primary Care Physician

The Treatment of Perinatal Addiction Identification, Intervention, and Advocacy

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Women of reproductive age who use and abuse psychoactive drugs and alcohol present a special challenge to primary care physicians. There are compelling medical reasons for identifying and intervening with pregnant women who are addicted or have alcoholism. The teratogenicity of all drugs of abuse and alcohol, the risk of infection with the acquired immunodeficiency syndrome (AIDS), and the potential for full recovery of a pregnant woman from addiction are some of the reasons that identification and intervention in the problem are indicated. Whether encountered in the clinic setting or in private practice, chemically dependent pregnant or postpartum women are usually responsive to appropriate physician interventions that include a detailed and caring confrontation- and advocacy-oriented support. Complex legal and ethical issues surround perinatal addiction including the role of toxicologic screening, reports to child welfare services, issues in noncompliance, and interdisciplinary case management.

(Jessup M: The treatment of perinatal addiction—Identification, intervention, and advocacy. In *Addiction Medicine* [Special Issue]. West J Med 1990 May; 152:553-558)

Pregnancy is a time of change, motivation, and a general orientation by the woman toward behavior that will benefit the developing fetus. For addicted women, however, the continued use of drugs and alcohol despite being pregnant shows one of the behaviors of addictive disease.¹ Chemically dependent women are a highly stigmatized group; the stigma experienced by a pregnant woman addicted to drugs or alcohol is even greater and more vitriolic in nature. Most research in the field of women's chemical dependence treatment suggests that drug or alcohol problems in women are less likely to be recognized; women in whom these problems are recognized are much less likely to be able to find appropriate treatment services that can provide for their needs.² Women who do seek treatment are frequently turned down for recovery services simply on the basis of their pregnancy or for having a newborn that they wish to be with in the treatment setting (W. Chavkin, "Help, Don't Jail Drug-Addicted Mothers," *The Oakland Tribune*, July 19, 1989).³

Over time, however, it has been effectively shown that comprehensive treatment programs for addicted pregnant women do work.⁴⁻⁶ Comprehensive services for pregnant addicted women would include obstetric and pediatric care, parenting and childbirth preparation classes, public health nursing visits, and chemical dependence treatment. Woman-oriented treatment services are those that address the specific needs of women in treatment and that reduce barriers to recovery more frequently experienced by women. Therapy for women should also be provided in a style that is acceptable to and accessible by them, taking into account "women's roles, socialization, and relative status within the larger culture."⁷ Referral by a primary care physician to chemical dependence treatment and such comprehensive services is only possible when the physician is attuned to the identifying characteristics of addiction in pregnant women. When

the diagnosis is suspected, or when there is a "high index of concern" (M. Buxton, oral communication, November 1989), the primary care physician can be instrumental in facilitating the health and well-being of the pregnant addict and her infant.

Medical, Historical, and Behavioral Indicators

Knowledge of the medical, behavioral, and historical identifying characteristics of addicted or alcoholic pregnant women is the primary task of an intervener when preparing for a treatment-oriented intervention. Additionally, certain history-taking tools with proven reliability may be used effectively during the intake process.

Table 1 lists indicators that may be visible to primary care physicians as consistent with drug or alcohol dependence. No one of these alone is indicative of a problem; rather, they should be viewed as a constellation of items that together may lead to the correct diagnosis of addiction. Indicators must also be interpreted in the context of individual patient status and history.

Obtaining a History

Women who enter treatment for their chemical dependence or for prenatal care are generally interviewed in some depth relative to their history of drug and alcohol use. Of late, there has been a singular reliance on the technology of urine toxicologic testing as the most appropriate means of identifying a drug or alcohol problem. Still, the most thorough method for obtaining an accurate history is to build a treatment alliance with the patient and then interview for signs and symptoms of addictive disease. The most reliable methods of identification remain the practitioner's individual knowledge of the disease process and the quality of relatedness between patient and physician.

From The Source A Guide For Implementing Perinatal Addiction Prevention And Treatment Programs

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